






# Eat Smart Be Smart

Eat  
Smart!

with MyPyramid for Kids

-  **Grade Level:** Second      **Lesson Time:** 30 minutes
-  **Integrated Core Subjects:** Language Arts, Health Enhancement
-  **Montana Content Standard:** Reading 4: Students select, read, and respond to print and non-print material for a variety of purposes.
-  **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Objectives:** Students will examine the MyPyramid for Kids and identify the five food groups; identify foods that belong in each food group; recognize the importance of eating from each food group, and recognize physical activity as an important step to staying healthy and a part of the My Pyramid for Kids.

## Lesson/Activity

1. Place the poster in the front of the room and distribute copies of the blank MyPyramid for Kids work sheet to each student. Explain that the MyPyramid for Kids is a tool for helping children and adults plan their food intake to eat right for strong healthy bodies and smart minds.
2. Ask the students how many vertical bands or stripes are on the pyramid. There are five major bands (or stripes) and a thin yellow line representing oils. Point out that each band or stripe represents a different food group. Starting at the left side of the pyramid, ask the students to state the color and the name of the food group. As you review this, have the students fill in the name of the food group in the following order: Grains, Vegetables, Fruits, Milk, Meat & Beans. Ask the students if they see the thin yellow band or stripe, and point out that this stands for oils; it is not a food group because we only need a small amount for good health. By the oil droplet below the rectangles, ask the students to write, "Oils are not a food group, but you need some for good health."
3. Ask the students if they can name examples of foods that belong in each group. Use the poster to provide examples or have food pictures to show the students. Simple food examples include: cereal, corn, apple, milk, and egg.
4. In order to review matching foods to their food group, distribute the Eat Smart with My Pyramid for Kids work sheet to the students. Review the directions and have the students complete it either individually or as a class. Review the answers with the students.
5. Ask the students if they notice that some of the bands (stripes) are wider than others and, if so, what they think this means. It means that you need to eat from more of some food groups and less of others. Which one do you need to eat the most each day (Grains)? Which one do you need to eat the least (Dairy)?
6. Have the students select a food that they would like to eat or drink from each food group. Ask them to write the name and draw it in the correct food group on the MyPyramid for Kids work sheet.

## Materials Needed

- A copy of the MyPyramid for Kids poster.
- A copy of the MyPyramid coloring sheet for each student.
- A copy of the Eat Smart with MyPyramid work sheet for each student.

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